

HAIR, SKIN AND NAILS

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Another addition to the Basic Program, people have been very pleased with great new nails and even thicker hair.

Since it has *niacin* in it, it can cause a *niacin* flush if taken on an empty stomach. That flush, or tingling, is actually an opening of blood vessels which increases circulation. Some individuals have even used it for increased circulation when they have such conditions as *phlebitis*.

Because *niacin* also converts to *tryptophan*, an amino acid known for its calming effects, some people like to take this in the evening. ■